Fast Food

Menu Planning

Computer Activity

1. Select a restaurant from the list provided. See below.

2. Now, using the food chart links (at bottom of this page) provided **plan a lunch** that meets the following requirements:

Calories- 300 to 800

Fat- 21 to 26g

Cholesterol- 100mg or less

Sodium- 500mg or less

Carbohydrate- 60g

Proteins- 16g (females) 18g (males)

Fiber- 8g

Write planned menu below. Which restaurant did you select? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Lunch Food eaten Amount**

3. Which nutrient(s) above was the hardest to stay at or below?

4. What would be the long term affects of over consumption in each of the areas?

Calories

Fat

Cholesterol

Sodium

Carbohydrate

Proteins

Taco Bell nutrition: <http://www.tacobell.com/nutrition/information>

McDonald’s nutrition: <http://nutrition.mcdonalds.com/getnutrition/nutritionfacts.pdf>

Arby’s nutrition : <http://www.google.com/url?sa=t&rct=j&q=&esrc=s&frm=1&source=web&cd=2&sqi=2&ved=0CEAQFjAB&url=http%3A%2F%2Farbys.com%2Ffood%2Fallergens-sensitivities.pdf&ei=YzMxT5W1BKKHsgKOqoCYBw&usg=AFQjCNHpeK30VHCAixE4euLv93j-lr_CJw&sig2=BRPJezN0H2t5M9YqfSqsSQ>

Subway Nutrition: <http://www.subway.com/nutrition/nutritionlist.aspx>

Pizza Hut Nutrition: <http://www.pizzahut.com/nutritioninformation.html>